

(Monroe Institute Blog – February 27, 2017)

## HOW TO GET A BETTER NIGHT'S SLEEP WITH HEMI-SYNC®

*by Allyn Evans*



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*Allyn Evans, MBA has teamed up with Dr. Brian Dailey as President and Program Director for Samvit Wellness. A trainer for The Monroe Institute, Allyn is a speaker, published author, former newspaper columnist and former university professor. An experienced business executive, she earned a BA in Psychology and an MBA in Marketing. An Advanced Toastmaster, Allyn offers sound technology, nutrition and health, and related workshops in the United States and abroad.*

### **What exactly is Sound Medicine?**

It took me time to figure it out, but what I slowly began to realize is that Hemi-Sync® isn't just a self-development tool. My first "aha moment" came when I was preparing a presentation I needed to do to complete my training to become an Outreach Facilitator with The Monroe Institute (TMI). For my presentation, I looked up the medicinal benefits of using Hemi-Sync. I discovered lots of practical applications including research that supported the claims.

Fast forward to 2013 ...

It was July 2013 when I received a phone call from Brian Dailey and Sergey Sorin, two allopathically trained medical doctors, who had founded Samvit Wellness.

Their mission matched Bob Monroe's end-of-life request to continue to provide something of value and to "Get it out there!" All of us had attended numerous TMI programs and were active in the Professional Division. We were also all TMI Outreach Facilitators at the time. The good doctors had a mission. They both wanted to educate practitioners, caregivers, and patients

about well-vetted complementary and alternative medical modalities. Hemi-Sync was at the top of their list. It was also at the top of mine!

Together, we began creating courses focused on helping people reduce pain, sleep better, and alleviate symptoms of cancer treatments using Hemi-Sync.

## SLEEPING BETTER

The backstory: How Hemi-Sync helped me ...

By the time I reached my late 40s, I couldn't remember what it felt like to sleep well. Every morning, it took all that I had to pull myself out of bed. I wasn't worried. I thought waking up every two to three hours went along with the aging process. I blamed it on my bladder.

First, I had to understand I had a problem. I also had to understand that if I did not fix the problem, my health could be compromised. My light bulb moment came when I was preparing for the Outreach training course at The Monroe Institute. I realized, I'd better do something about it and marveled at the timing. I had immediate access to an inexpensive tool that I knew how to use. My tool of choice: Hemi-Sync! I made it a practice to listen to Super Sleep every night. I noticed over time (it did take about three months), that my sleeping patterns were improving. I found that I regularly slept for five hours straight without waking up or becoming aware.

About two years ago, I realized I was sleeping six to seven hours some nights and over the next few months it became my regular pattern. And now, there are nights I will sleep for eight hours straight! Yep, for me Super Sleep works! However, for me it took up to three months of listening consistently to correct my sleep patterns.

## How Do You Use It?

*Super Sleep* – Use this exercise and loop it throughout the night. *Looping all night is not something we recommend for long-term use.* But to get things started ... you can do that initially.

It is best played all night by using an iPod, iPhone, MP3 player, computer, CD player, or similar. You can project the sound by using an iPod or MP3 disk if you are using something besides a CD player or computer. For ideal effect, if you are not using headsets, which can be uncomfortable, you can have speakers on either side of your bed or place the playing device at the head or foot of your bed. To ensure the exercise loops continually, use the repeat button or feature.

Once you get used to this routine and feel like your sleep cycle is improving, I recommend you change what you're doing a little bit. I found I needed to run Super Sleep for only up to 3 cycles

at one time to encourage more REM sleep in the later parts of my sleep cycle. The way I do this is I load *Super Sleep* three times in one playlist and let it cycle through my playlist. It stops when done. If you are not sure how to do this on your particular device, do what I always do. Google it!

*Super Sleep* helps produce the natural brain-wave patterns of the delta sleep state and enjoy the benefits of totally refreshing, deeply restorative sleep.

There is more to my story ...

Just like everyone on the planet, I do have times that I simply can't fall back to sleep. Maybe I am not being Zen about something or I wake up thinking about my to-do list. Before I go to bed, I make sure I have a charged iPod with my noise-cancelling headsets plugged in. I make sure the selection is already ready to go so that if I do need to listen in the middle of the night, it will take very little effort to start listening. The more you can avoid turning on lights or having to go look for your iPod or headsets, the easier you will return to sleep.

What Selections Do I Use to Get a Better Night's Sleep?

*Hemi-Sync Meditation* always knocks me out. You can also have *Super Sleep* ready to play too if you prefer to use the sound exercise designed for sleep. If I wake back up because I am wearing headsets, then I quietly and slowly slip off my headsets and return to sleep again with ease. If you prefer verbal guidance, there are several titles that do not bring you back to an alert state at the end. They are *Transforming Life's Challenges*, *Pain Management* and *Energy Walk*. These are all excellent sound exercises to lead you into a relaxed sleep state. So don't hesitate to try one and get the restful night's sleep you need!

Also if you are interested in exploring the many medical benefits of Hemi-Sync please join me and Dr. Brian Dailey for our Sound Medicine program at The Monroe Institute.

*Note:* Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Hemi-Sync®.